

Dispositional Mindfulness as Psychological Resource of College Students in COVID-19 Pandemic.

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- **Abstract:** Dispositional mindfulness is an internal psychological resource that can help individuals face stressful situations, challenges, and conditions full of uncertainty. This research aims to explore and describe the dispositional mindfulness of college students of the Faculty of Teacher Training and Education, Universitas Tadulako. The research also intended to compare the dispositional mindfulness level of college students based on the study program, department, and batch. The authors conducted explanatory survey research by distributing the dispositional mindfulness scale ($\alpha=0,842$) as a self-report. The authors took the sampling by using a quota sampling technique. The participants were 124 college students from different study programs, departments, and batches. For the data analysis, the researchers used descriptive statistics analysis and inferential analysis with the Anova test using Statistical Package for the Social Sciences software for Windows 21.0. The results of the descriptive analysis showed that generally, the respondents have high dispositional mindfulness. The inferential analysis results showed significant differences in dispositional mindfulness among college students based on the department. On the other hand, there was no difference in dispositional mindfulness levels among college students based on the study program and batch. The results also suggest the implementation of the mindfulness based intervention to develop and maintain college students' dispositional mindfulness to stay calm and productive in participating in learning during the COVID-19 pandemic.
- **Keywords:** Dispositional mindfulness, Psychological resource, Statistical Package